

NUTRITION WORKSHOP

Tuesday, April 12, 2005

6:00 p.m.—7:00 p.m.

Civic Center Community Room

25541 Barton Road

Loma Linda, CA 92354

The Truth About Fats and Heart Disease

Do you want to be healthy and prevent heart disease?

Discover the importance of understanding the various types of fats to keep your heart healthy. Learn the important differences in saturated and unsaturated fats as well as the benefits of omega 3 and 6 fatty acids in heart disease prevention.

Includes: Presentation, cooking demonstration, refreshments & prizes.

For additional information, please call Joanne Heilman (909) 799 - 2812

All are welcome to attend this **FREE** workshop sponsored by *California Healthy Cities and Communities*